



Howard County

RECREATION & PARKS



NORTH LAUREL COMMUNITY CENTER

2017 Winter Classes & Activities

www.howardcountymd.gov/NLCC



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HoCoParks
APP



This content is neither sponsored nor endorsed by HCPSS



General Information

Staff

Facility Director

Matt Madera..... 410-313-0456

Assistant Director/Rental Coordinator

Tessa Hurd..... 410-313-0457

Program Coordinator

Ashley Jones..... 410-313-0458

Center Registration..... 410-313-0390

Center Info Line..... 410-313-4452

Fax..... 240-568-3030

Hours

8 AM-9 PM, Monday-Saturday; 9 AM-6 PM, Sunday

Closed: Dec 25, Jan 1, Apr 16

Closing at 5 PM: Dec 24 & 31

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9411 Whiskey Bottom Road, Laurel, MD 20723

www.howardcountymd.gov/NLCC

How to Register

Online: www.howardcountymd.gov/rap

Phone: 410-313-0390

TTY: 410-313-4665

Mail: Howard County Recreation & Parks
7120 Oakland Mills Road
Columbia, MD 21046

Walk-in: North Laurel Community Center
9411 Whiskey Bottom Road, Laurel
(8 AM-8 PM, M-Sa; 9 AM-5 PM, Su)

Refund Policy

We recognize that you may wish to withdraw for a variety of reasons, but our policy encourages early decisions so as to not affect other customers or our ability to efficiently deliver the programs. At a minimum, all refund requests are subject to a 20% administrative fee. Additional fees may be assessed to recover costs associated with the program. Class programs require at least two weeks advance notice of withdrawal to avoid the additional fees. Trip refunds may reflect pre-paid admissions; but the option to transfer your ticket may be considered. Competitive sport program time frame for refunds reflects planning time and team selections; check refund details on website. There are no refunds for missed sessions.

Community Center Membership

All patrons entering the facility must have a center membership or pay the daily admission rate, unless they are a participant in a Recreation & Parks program. The center membership gives you access to the three community centers (does not include the fitness room).

Annual Youth (5 yrs +)	\$25 / \$50 (NR) ²
Annual Adult (16 yrs +)	\$25 / \$50 (NR) ²
Card Replacement Fee	\$10
Daily Center Pass	\$5
NR = Non Resident	

Drop-In Fun

Children 15 years and under require adult supervision in the facility. Children 12-15 years old require adult supervision in the facility, except during after-school TeenZone program (Center Membership required). For info and to confirm time, call 410-313-0390.

Basketball

(Family, 16 yrs + & 50 yrs +)

Join other athletes of all ability levels. Games are self-officiated.

16 yrs +	6-7pm	Tu
50 yrs +	10am-noon	M,W

Pickleball (16 yrs +)

Learn and practice your pickleball skills. This sport is fun and combines elements of tennis, badminton and ping pong.
9am-noon F

Social Sandbox

Meet friendly local moms to talk about the kids and have fun! Takes place in the gym. Chaperone must be at least 18 years old.
9:30-11:30am Th

Stroller Moms & Friends

Bring a friend, your stroller and the babies and get some exercise walking our indoor track. Chaperone must be at least 18 years old.
8-9am Tu,Th

TeenZone

Shoot hoops, play billiards, ping pong, and games, or just hang out!
2:30-5:30pm M-F (12-15 yrs)

Toddler Time

Bring your little ones indoors to play with push toys, hula hoops, tunnels, and more. Interactive play develops motor skills and social skills.
9:30-11:30am Tu

Volleyball (Family & 16 yrs +)

Join other athletes of various ability levels. Games are self-officiated.
16 yrs + 5:30-7pm Th

Special Events & Family Activities

February

Mommy-Son Valentine's Dance

Make your Valentine's day one to remember! Mothers (or special adults) and sons are invited to an evening jam-packed with fun to include refreshments, live DJ, dancing, games, crafts, a souvenir photo and ice cream sundae bar. Fee includes participation of one adult and one child; each additional son is \$20 for center members and \$25 for nonmembers. Inclement weather date is February 18. Preregistration is required. Registration/Info: 410-313-0390.

RP4401.201 3-12 yrs Feb 4 5:30-7:30pm Sa \$50

March

Bunny Tracks

How many steps do you think it takes to track down all the hidden bunnies? Bring the entire family on a scavenger hunt throughout North Laurel Park. Receive a pedometer and water bottle. Light refreshments are provided at the end of your hunt. Children 4 and under are free. Info: 410-313-0459.

All ages \$5, center members; \$7, nonmembers
RP4402.201 Mar 25 10:30-11:30am Sa



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April

Spring Egg Hunt **flickr**

Celebrate spring and quality family time! Bring your basket to collect eggs and enjoy prizes, refreshments, games, and craft time. The hunt promptly begins 15 minutes after event start time. Preregistration is required; space is limited. If there is inclement weather, the event is held indoors. Registration/Info: 410-313-0390.

2-10 yrs \$10, center members: \$15, nonmembers

RP4163.311 Apr 9 3-4pm S

Pre-K (0-5 yrs) Classes & Activities

Adventures in Learning

The Early Years Matter: Help your child get ready for kindergarten. Follow this progression of classes that help build your child's social and emotional skills. (You can start at any stage of this school-readiness program.) More and more children in Maryland are school-ready when they enter kindergarten. Make sure your child is one of them!

Staff members do not change diapers.

My First School

This program is designed to help children make a successful transition to an independent experience. Children develop social skills while exploring the alphabet, games, music, movement, and art with a different theme each week. Fee includes snack. Pay a \$45 non-refundable deposit to hold a spot for the second session. (No class 2/20, 2/21.) Info: Cindy Ochs, 410-313-4681 or cochs@howardcountymd.gov.

2 yrs, 9 mos-3 yrs, 9 mos Classes: 8

RP3202.203 Jan 3 10am-noon Tu,Th \$140

RP3202.204 Mar 14 10am-noon Tu,Th \$140



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Watch your little one run around and collect as many Easter eggs as they can at the Spring Egg Hunt.

Step into School

This specialized program is designed to help your child get ready for kindergarten. Daily activities include writing workshops, reading readiness and math skills. Activities support school curriculum goals and encourage socialization and independence. Special themes help make learning fun! Fee includes snack. Pay a \$45 non-refundable deposit to hold a spot for the second session. (No class 2/20.) Info: Cindy Ochs, 410-313-4681 or cochs@howardcountymd.gov.

3 yrs, 9 mos-4 yrs, 9 mos Classes: 8

RP3221.203 Jan 30 9:30am-noon M,W \$150

RP3221.204 Mar 6 9:30am-noon M,W \$150

Marshmallow Math

Math is more fun when experimenting and playing. Explore math concepts through sorting, patterning, counting, graphing and measuring. Snack becomes an adventure when sorting Teddy Grahams or eating the number eight! Graph with marshmallows and explore terrific tangrams and shapes! Songs, art projects and manipulatives are all incorporated to help this preschool experience be meaningful and stimulating. (No class 3/10.) Info: Cindy Ochs, 410-313-4681 or cochs@howardcountymd.gov.

3-5 yrs Classes: 8

RP3206.201 Feb 3 10am-noon F \$120

Fitness

Funfit® Tots (Parent/Child)

This fun-filled, high-energy class includes songs, stories, parachutes, games, balls, music and more! The perfect combination for your child who loves to move and loves music too! Looking to squeeze in an extra 45 minutes of fun exercise while playing with your child? This is the class for you! Child must be walking. Info: Scott Corning, 410-313-4622.

<u>11-20 mos</u>	<u>Classes: 10</u>				
RP3210.201	Jan 19	10:15-11am	Th	\$99	
<u>20-35 mos</u>	<u>Classes: 10</u>				
RP3210.202	Jan 19	11-11:45am	Th	\$99	

Youth (5-10 yrs) Classes & Activities

Cooking

Wee Chefs Mini-Session with Mrs. Theresa

Join us for hands-on cooking! Make fun and delicious food that is sure to please the taste buds. Little chefs, come make various appetizers and desserts. Learn different cooking techniques that allow you to help at home. Info: Melissa Calleri, 410-313-4721 or mcalleri@howardcountymd.gov.

<u>5-7 yrs</u>	<u>Classes: 2</u>				
RP3225.202	Feb 22	6:30-8pm	W	\$35	

Teens & Tweens (11-18 yrs) Classes & Activities

Crafts & Fine Arts

Comics Unleashed

Explore comic book design and learn basic drawing techniques, character design, page composition, layout, penciling and inking. Explore a variety of comic genres including Manga, Indie, and graphic novels. Please wear comfortable clothing you don't mind getting dirty. You are encouraged to bring a sketchbook for class and at-home practice. Info: William Banks, 410-313-4609 or wbanks@howardcountymd.gov.

<u>11-17 yrs</u>	<u>Classes: 5</u>				
RP2854.201	Feb 2	6-7:30pm	Th	\$65	



Comics Unleashed is enjoyed by all!

Drawing Techniques

Strengthen your drawing skills as you focus on different media including graphite, charcoal, colored pencils, pastels, and watercolor pencils. Techniques include modeling, color transitions, gesture style, blending, and wet-on-dry. Materials are provided but you are encouraged to bring a sketchbook. Info: William Banks, 410-313-4609 or wbanks@howardcountymd.gov.

<u>11-17 yrs</u>	<u>Classes: 5</u>				
RP2851.201	Jan 28	10:30am-noon	Sa	\$69	

Painting for Teens

Work in acrylics to learn or master color mixing, brush work and how to "build" a painting rich with texture and color. The instructor does a demonstration painting each week and works with you one-on-one. Previous experience not necessary. Materials included. Info: William Banks, 410-313-4609 or wbanks@howardcountymd.gov.

<u>11-17 yrs</u>	<u>Classes: 5</u>				
RP2853.201	Mar 4	10:30am-noon	Sa	\$85	

Enrichment & Personal Development

Personal Development

Fashion Show: Model Call **flickr**

Young men and women are invited to participate in an audition to perform in the 4th annual Fashion Show produced by Sean Gibson of Model Citizen Models. Models participate in a fashion runway show promoting local designs and their own unique style. No experience necessary. For audition, wear comfortable clothing and heels or slippery bottom shoes. Practices begin on February 25 and continue on Saturdays until the day of the event (April 1). If selected as a model, there is a \$29 registration fee due at the first practice. Preregistration is encouraged, but not required. Info: Holly Harden, 410-313-4625 or hharden@howardcountymd.gov.

Classes: 1

RP2979.201	8-11 yrs	Feb 11	1-2pm	Sa	Free
RP2979.202	11-17 yrs	Feb 11	2-3pm	Sa	Free

Adults (18 yrs +) Classes & Activities

Crafts & Fine Arts

NEW! iPad Masterpieces with Ann Wiker

Have you ever thought of your iPad as an artist's tool? We explore free apps to create artwork and we view the work of famous artists to duplicate their styles in digital art. We "update" pop art (Andy Warhol and Roy Lichtenstein), impressionism (Claude Monet and Vincent van Gogh), surrealism (Salvador Dali), anamorphic art (Hans Holbein) and abstraction (Vassily Kandinsky). Come to class with a fully charged iPad that has the following apps downloaded on it: Photo Booth, Abstract You, Doodle Buddy, Brushes, Youdoodle, Adobe Draw, Adobe Shape, and Draw. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs +

RP0208.202	Mar 24	9:30-11:30am	F	\$25
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Oil Painting with Ann Wiker

All levels welcome! Beginners learn the basics of oil painting: prepping the canvas, mixing colors, brush techniques, composition and light and shadow. Intermediate painters review color mixing and composition

and choosing subject matter. Advanced painters receive individualized instruction based on their ability level. Don't be intimidated-this is fun! Materials list provided on www.howardcountymd.gov/craftsandfinearts. (No class 2/17.) Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Classes: 6

RP0207.201	Jan 27	9:30-11:30am	F	\$125
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NEW! Illustrate Your Stories

Pick some photos, old or new, that remind or inspire you. They help us capture or celebrate your memories or hopes. We explore Story Corps' question-answer and voice recording tools to create a photo story that speaks out loud in your own voice. Bring your smart phone, tablet, or laptop. We get familiar with the process, and draft your story for yourself or to share. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Classes: 4

RP0212.202	Mar 7	7-9pm	Tu	\$72
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Dance

Dance Movement

Ballet with Nysia Carter

This dance style give you those long, lean, beautifully sculpted lines of a ballerina dancer, plus poise from newly found core strength and flexibility. Wear form fitting clothing so body alignment and technique can be addressed. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 8

RP1124.202	Jan 23	7-8pm	M	\$78
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Hip Hop with Nysia Carter

Enjoy a fusion of styles including hip-hop, funk, street, and high-energy jazz. Warm up with the latest hip-hop rhythm that transitions into a larger choreographed piece prepared to meet your level and dance experience. This style of dance provides high-energy, low-impact aerobics, and calorie burning effects as you dance to the popular hits of today and yesterday. Beginners are welcome! Wear jazz or gym shoes, no street shoes allowed. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Classes: 8

RP1124.203	Jan 23	6-7pm	M	\$78
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Lifelong Learning

Writing

Becoming an Author with Amy Brooks

Have you ever felt called to write a book? Now is your chance to go from idea to manuscript in less than 90 days. Author and writing coach, Amy Brooks, guides you through an easy process that will transform your book dreams into a reality. With her expertise as writer and coach, Amy helps you navigate the challenges that stop most first-time authors before they even get started. Don't wait for the "perfect" time; start your book now and step into your new role as an author. It's time to share your story with the world! Required materials: notebook, pen, laptop computer (optional). Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Classes: 4

RP3422.201 Feb 7 7-8pm Tu \$125

Fitness

- Classes are for 18 years and up.
- Participants 12-17 years old may register, but must be accompanied by a participating parent/guardian.
- Date of last class may change due to unforeseen circumstances.
- You do not need to be a Community Center member to attend HCRP fitness classes at our Community Centers.

Cardio Kickboxing with Robin Robinson

Exercise has never been so much fun! Cardio Kickboxing is a calorie-burning, dance-party exercise routine that combines kickboxing, aerobics and dance with great music. Get in shape and have fun doing it! Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 7

RP8551.201	Jan 26	6:30-7:30pm	Th	\$56
RP8551.202	Jan 28	8:15-9:15am	Sa	\$56

18 yrs + Classes: 14

RP8551.211	Jan 26	6:30-7:30pm	Th,Sa	\$112
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HIIT Workout Party workouts consists of 15 mins. of jump rope cardio blast, body weight exercises, muscle toning, core workouts and stretches in a party atmosphere.

HIIT Workout Party with Royale Fit with Emmanuel Olujimi, AAI, ISMA

Are you ready to maximize your workout time while attaining your fitness goal in a fun atmosphere? This workout is designed to propel you to your fitness goal with a High Intensity Interval full body workout guaranteed to burn fat, increase metabolism and strengthen your muscles. Each session consists of 15 minutes of jump rope cardio blast, body weight exercises, muscle toning, core workouts and stretches in a party atmosphere. Get ready to meet the upgraded version of you, full of confident, strong and fit. All fitness levels are welcome. Bring along a jump rope, a mat and 5 or 10 lbs. pair of dumbbells. Jump ropes are available for sale. (No class 2/14.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 6

RP8550.201	Jan 17	6:30-7:30pm	Tu	\$57
RP8550.202	Jan 21	11am-noon	Sa	\$57

18 yrs + Classes: 12

RP8550.203	Jan 17	6:30-7:30pm	Tu,Sa	\$114
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Parent Bootcamp with Roshaun Osborn, CPT (NCSF)

Got kids? No problem - bring them along, and train as a family! Be prepared to sweat hard! An intense, fast-paced, total body workout, incorporating dynamic movement, cardio, strength training, standing abdominal work and of course, BURPEES! Please bring water, a sweat towel and exercise mat. Children under 2 years, must have a carrier or stroller to rest in; children toddler age may attend class with their parent and participate in child friendly exercises. Info: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 9

RP8554.211 Jan 17 5-6pm Tu \$72

Zumba

Zumba takes the "work" out of "workout" by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you'll see why Zumba® Fitness is exercise in disguise. Super effective? Check. Super fun? Check. Zumba is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Brandi Harrington, Zumba, AFAA Classes: 10

RP8360.202 Jan 14 9:30-10:30am Sa \$120

18 yrs + Logan Smith, Zumba, AFAA (No class 1/16, 2/20) Classes: 21

Join us for a FREE trial class on Jan 9. Register at www.freedomfitness.info/events.

RP8430.202 Jan 11 6:30-7:20pm M,W \$159

NEW! STRONG by Zumba

Introducing music-led interval training: STRONG by Zumba. This class combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. FREE class on January 23, register at www.freedomfitness.info/events. (No class 2/20.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Classes: 8

RP8430.204 Jan 30 7:30-8:20pm M \$80



Love basketball? We have programs for all levels and ages!

Sports

Coaches' and Administrator's Registry

All children's sports coaches and administrators (volunteer or paid) are members of the Coaches' and Administrator's Registry. Membership requirements include:

- Annual National background screening
- American Sport Education Program certification
- Concussion and Cardiac Arrest awareness training
- Membership badge with photo and membership expiration date to be displayed by coach on field/court

Concussion Policy & Sudden Cardiac Arrest Information

Read concussion and sudden cardiac arrest information at www.howardcountymd.gov/concussion and www.howardcountymd.gov/suddencardiacarrest. Review of this information is required by law before you are allowed to register for youth sports programs.

Financial Assistance

Limited financial assistance available for Howard County residents that qualify. Information: 410-313-4659.

Refund Policy

www.howardcountymd.gov/Programs/Sports-Leagues

Basketball

Pre-K & Youth Instruction (3-18 yrs)

Little Tykes Hoops Basketball

In this class, having fun is sure to be a slam dunk! Children are introduced to beginner basketball concepts such as dribbling, passing and shooting through a curriculum of exciting and fun-filled games and activities. Parents are encouraged to follow the coach's instructions to assist in the games and activities. (No class 2/20-21, 3/9-10.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

3-4 yrs	Classes: 6
RP6086.202	Jan 31 9:30-10:15am Tu \$75
RP6086.203	Jan 31 6-6:45pm Tu \$75
RP6086.206	Feb 2 12:30-1:15pm Th \$75

Kiddie Basketball

Come learn the sport of basketball in this perfect introductory clinic. Players work on the fundamental skills of dribbling, passing, shooting, and overall team play in a fun and encouraging environment. Meet in the gym. (No class 2/20-21, 3/9.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

5-7 yrs	Classes: 9
RP6080.209	Jan 19 5:05-6pm Th \$64

After-School Basketball

School's over and it's time to play some basketball. In this clinic, boys and girls learn and develop fundamental skills such as dribbling, passing, shooting, defense and overall team play through activities and games. It is the perfect place to start or to complement one of our basketball leagues. Meet in the gym. (No class 2/20-21, 3/9.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

8-10 yrs	Classes: 9
RP6081.207	Jan 19 4:10-5:10pm Th \$70

Lacrosse

- For information on spring competitive lacrosse leagues for boys and girls ages 4-15, visit www.hclacrosse.com.

Mighty LAXers Lacrosse flickr

Calling all Mighty LAXers! This high energy curriculum introduces children to important fundamentals of lacrosse such as scooping, cradling, and shooting. Age

appropriate equipment is used to provide children with a safe and fun experience in every LAXers class! Parents are also encouraged to follow the coach's instructions to assist in the games and activities. (No class 2/20-21, 3/9-10.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

3-4 yrs	Classes: 6
RP6972.202	Jan 31 10:30-11:15am Tu \$75

Martial Arts

Youth (5 yrs +)

D & S Karate with Seth Ismart

Kuk Sool Won is a systematic study of all the traditional fighting arts, which together comprise the martial arts history of Korea. This is extremely well-organized and seeks to integrate and explore the entire spectrum of established Asian fighting arts and body conditioning techniques, which consist of kicking, punching, martial acrobatics and self-defense techniques, into a beautiful and dynamic hard/soft style focusing on discipline and respect. (No class 1/16, 2/20, 3/9.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

6-13 yrs	
RP8710.201	Classes: 10 Jan 9 7-8pm M \$55
RP8710.203	Classes: 11 Jan 12 7-8pm Th \$60
RP8710.202	Classes: 12 Jan 11 7-8pm W \$60

Kuk Sool Won with Darren Fulmore

Kuk Sool Won is a systematic study of all the traditional fighting arts, which together comprise the martial arts history of Korea. This is extremely well-organized and seeks to integrate and explore the entire spectrum of established Asian fighting arts and body conditioning techniques, which consist of kicking, punching, martial acrobatics and self-defense techniques, into a beautiful and dynamic hard/soft style focusing on discipline and respect. (No class 2/21, 3/9.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

6 yrs +	Classes: 22
RP8760.201	Beg Jan 10 6:30-7:30pm Tu,Th \$150
RP8760.202	Adv Jan 10 7:30-8:30pm Tu,Th \$167



Your little one has introductory fun at Tiny Tykes Tee Ball!

Multi-Sport

Little Big Shots

This multi-sport program introduces children to basketball, tee ball and soccer through a curriculum full of exciting and engaging games and activities. Parents are encouraged to follow the coach's instructions to assist in the games and activities. (No class 2/20-21, 3/9-10.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

3-4 yrs Classes: 6

RP6314.207 Feb 3 10:30-11:15am F \$75

Planet Recreation Spring Break Camp

Need fun, exciting, and safe full-day child care for Spring Break? This camp is being offered at two of our finest recreational facilities. Campers participate in a variety of activities, including sports, fitness, arts and crafts, nature, games and special surprises. Activities take place both indoors and outdoors. Pool and swimming activities are also included in the camp's schedule! The focus is on having fun, staying fit, building character and boosting self esteem. Instructors are American Sport Education Program certified coaches. Schedule is subject to change; camp is held rain or shine. Fee includes bus or van transportation, supervision, activities, and a snack. Participants must currently be in grades K-5 in spring 2016. An extended camp option is available (RP7005). Info: Greg Meyd, 410-313-1162 or gmeyd@howardcountymd.gov.

Grades K-5 Classes: 5

RP7006.302 Apr 10 8:30am-3pm M-F \$179

Planet Recreation

Extended Spring Break Camp

Extend your child's day at spring break camp. After-camp care includes a variety of sports, games and other group activities. Campers also must be enrolled in Planet Recreation Spring Break Camp. Camp runs rain or shine. Info: Greg Meyd, 410-313-1162 or gmeyd@howardcountymd.gov.

Grades K-5 Classes: 5

RP7005.302 Apr 10 3-6pm M-F \$89

Ultimate Sports & Games Spring Break Camp

Spend your spring break with us. Your child develops skills in basketball, flag football, kickball, lacrosse, touch rugby, Wiffle ball, soccer, kickball, tennis, disc games and much more in this coed camp. Have fun, stay fit, build character and boost self-esteem. Activities take place both indoors and outdoors. Campers will bus to the Roger Carter Community Center for a day of swimming activities! Instructors are American Sport Education Program certified coaches. Camp runs rain or shine. Bring a non-perishable lunch (no nut products) and a water bottle. An extended camp option is available (RP7004). Info: Greg Meyd, 410-313-1162 or gmeyd@howardcountymd.gov.

8-13 yrs Classes: 5

RP7001.302 Apr 10 8:30am-3pm M-F \$149

Ultimate Sports & Games Extended Spring Break Camp

Extend your child's day at spring break camp. After-camp care includes a variety of sports, games and other group activities. Campers also must be enrolled in an *Ultimate Sports & Games Spring Break Camp*. Camp runs rain or shine. Info: Greg Meyd, 410-313-1162 or gmeyd@howardcountymd.gov.

8-13 yrs Classes: 5

RP7004.302 Apr 10 3-6pm M-F \$89

Pickleball

Pickleball for All

Pickleball is a fun sport that combines elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Learn to play this fun and exciting game for the first week and then put your skills to the test in games for the remaining classes. All necessary equipment is provided. (No class 2/21, 3/10, 4/7.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

18 yrs + Classes: 10

RP6835.206 Jan 10 Noon-2pm Tu \$60

RP6835.207 Jan 12 Noon-2pm Th \$60

Mighty Kickers Soccer

GOAL! Coaches provide a high-energy, fun introduction to soccer. Mighty Kickers uses a creative, age-appropriate curriculum to introduce basic soccer skills to kids including dribbling, passing and shooting while providing an entertaining and friendly atmosphere! Parents are encouraged to follow the coach's instructions to assist in the games and activities. (No class 2/20-21, 3/9-10.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

3-4 yrs Classes: 6

RP6705.206 Feb 2 1:30-2:15pm Th \$75

RP6705.207 Feb 3 11:30am-12:15pm F \$75

Volleyball

Youth Instruction (6-17 yrs)

Volleyball Skills Development

Practice makes perfect! This program is for new players who enjoy this exciting sport and want to learn the basics. Individual players develop skills and improve existing ones. Lessons emphasize sportsmanship,



Come try our Pickleball class. All levels are very welcome!

skill technique, hard work and fun in a team atmosphere. Learn skills such as passing, hitting, setting and serving. Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

8-12 yrs Classes: 8

RP5892.201 Jan 23 6-7:30pm M \$125

13-17 yrs Classes: 8

RP5892.211 Jan 23 7:30-9pm M \$125

School's Out Volleyball Tune-Up

Sharpen your volleyball skills and develop new ones in three condensed sessions. Skill instruction includes serving, passing, setting and hitting. The coaching staff and curriculum focus on having fun while learning through drills and games in an encouraging environment. Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

9-15 yrs Classes: 3

RP5892.251 Dec 26 9am-noon M-W \$99

RP5892.252 Dec 26 1-4pm M-W \$99



3 GREAT CENTERS 1 LOW PRICE!

The Fit4U Package allows you to use North Laurel, Gary J. Arthur and Roger Carter's Community Centers' fitness facilities.

No enrollment fees.

Center membership included!

Pricing

Yearly.....	\$25/month
6 Months.....	\$30/month
3 Months.....	\$35/month
Monthly.....	\$40/month
Drop-In/ Guest Rate.....	\$5/visit

Benefits

- Access to the fitness & dance/aerobics rooms at (non-class) times.
- Use of the gymnasium during open and "drop-in" programs.
- Use of the swimming pool at RCCC during open swim times.
- Access to the game rooms at GJACC and NLCC.
- Discounted Center activities and events.

Additional Information

- For ages 13-15 at GJACC, NLCC and RCCC, parental supervision is required and each child must complete a mandatory orientation.
- Discounted rates available for members ages 50+.
- Discounted rates available for couples (two adults in same household).
- Discounted rates available for members ages 3-12, parental supervision is required (includes use of the swimming pool and gymnasium during drop-in hours and programs but does not include fitness rooms).
- Call for more pricing information.

Gary J. Arthur Community Center: 410-313-4840
North Laurel Community Center: 410-313-0390
Roger Carter Community Center: 410-313-2764

GJACC = Gary J. Arthur Community Center
NLCC = North Laurel Community Center
RCCC = Roger Carter Community Center